

Adult

Tennis For Everyone ~ Adult

You will do it all, from drills to match play, in a fast-paced, fun-filled environment. The beginning class will work on the basics, such as: technique, footwork and rules of the game. The intermediate class will focus on: stroke production, tennis drills and match play. Please bring an unopened can of tennis balls to the first class meeting. A \$10 T-shirt fee (optional) is payable to the instructor on the first day of class.



Instructor: Fabian Grassini Tennis & Sports Staff

Fee: \$95 per participant – Resident
\$100 per participant – Non-Resident
(8-week session)

Location: El Toro Park Tennis Courts
(23701 Los Alisos Blvd)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3748 16 yrs & up Oct 5-Nov 23 Beg Sat 9:00-10:00 am
Act#: 3749 16 yrs & up Oct 5-Nov 23 Int Sat 10:00-11:00 am

Zumba Fitness



Join the ultimate dance party now. Learn Latin and Hip Hop styles in a fun, supportive and easy to follow format. Build muscle tone and cardiovascular endurance while having fun, no experience necessary!

Instructor: Positive Energy Dance Studio

Fees: \$60 – Resident
\$65 – Non-Resident
(6-week session)

Location: Positive Energy Dance Studio
(22600-C Lambert St)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3789 3-4 yrs Sep 14-Oct 19 Sat 9:00-10:00 am

Vinyasa Flow Yoga



In Vinyasa Flow, participants will explore the physical benefits of yoga. The class will also expose participants to the relaxation and meditative side of this progressive form of yoga.

Instructor: Devann Sheuerman

Fee: \$72 – Resident
\$77 – Non-Resident
(6-week session)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3796 18 & up Sep 8-Oct 13 Sun 1:00-2:00 pm
Act#: 3797 18 & up Oct 20-Nov 24 Sun 1:00-2:00 pm

Cardio Yoga Booty Ballet

From the Hollywood studio, Swerve, burn calories and sweat while enjoying cardio dance and toning exercises used by dancers. This dance workout is a fun, motivating way to get a great workout burning calories and fat through the hybrid of cardio and muscle fatigue. Participants learn basic cardio dance movements that are easy to follow, tone entire body with ballet & pilates movements and then strengthen and lengthen with a hybrid of hatha yoga. Class is perfect for those that crave the balance of cardio but want to tone, burn and then conclude with relaxing yoga. Taught by former NFL cheerleader, dancer, and fitness instructor, Kim Esmond. *For more information on Orange County Dance Productions and Yoga Booty Ballet please visit OCDanceProductions.com.*

Instructor: OC Dance Productions Staff

Fee: \$96 – Resident
\$101 – Non-Resident
(8-week session)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3762 18 & up Sep 23-Nov 18* Mon 6:30-7:30 pm
***No class 11/11**

Zumba Gold

Zumba Gold is a low impact fitness program that utilizes combinations of exciting and motivating Latin and International rhythms to tone and strengthen the body. The program is designed for active older adults, the true beginner or anyone interested in a low impact program that is effective and easy to follow. **These classes are ongoing and class packages are provided with registration.**

Instructor: Angie Velez

Fee: **Act#: 3777** One-Time \$8.00 – Resident
\$13.00 – Non-Resident

Act#: 3778 5-class package \$40.00 – Resident
\$45.00 – Non-Resident

Act#: 3779 10-class package \$72.00 – Resident
\$77.00 – Non-Resident

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Mail-In or Walk-In. Online registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

18 & up Ongoing Mon 11:00 am-12:00 pm
Sat 10:00-11:00 am

Fall Registration Dates:

Tuesday, August 13 (Lake Forest Residents)

Tuesday, August 20 (Non-Residents)

Dog Obedience Class

For dogs at least 4 months old, this class focuses on basic obedience and solving behavior problems such as biting, jumping, barking, chewing, and digging. The primary goal is to turn the unruly pet into an enjoyable, well-mannered companion and a member of the family. Do not bring dog to first class. Owner must provide proof of vaccinations, choke chain, and leash. ***(Participants who show proof of adopting an animal from the Orange County Animal Shelter within six months of the adoption date will receive a 25% discount on the registration fee. Only valid for Mail-in and Walk-In registration with copy of adoption papers. Online registration is not available for discount program.)***



"Princess" McDevitt

Instructor: Mari Quillman

Fee: \$65 – Resident
\$70 – Non-Resident
(8-week session)

Location: Pittsford Park (21701 Pittsford Dr)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3776 Families Sep 4-Oct 23 Wed 6:30-7:30 pm

Dog Agility Training

These classes are an introduction and continuation to one of the fastest growing sports around – dog agility. Our Intelligent Agility classes focus on learning the basic obstacles in an agility course, strengthening the bond between you and your dog, getting a little extra oxygen into the bloodstream and having a really good time with your pooch. These courses will not be strenuous, but you may have to make a few funny faces to get your dog's attention. At the end of the course you will be surprised at how much both you and your dog have learned. Dogs must have proof of vaccination and have completed a previous obedience class. Dogs also must be at least 8 months of age to participate.

Instructor: Erin Riley

Fee: \$125 – Resident
\$130 – Non-Resident
(5-week session)

Location: Pittsford Park (21701 Pittsford Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3780	Adult	Oct 5-Nov 2	Beginning	Sat 11:30 am-12:30 pm
Act#: 3781	Adult	Oct 5-Nov 2	Intermediate	Sat 10:15-11:15 am
Act#: 3782	Adult	Oct 5-Nov 2	Advanced	Sat 9:00-10:00 am
Act#: 3783	Adult	Nov 9-Dec 7	Beginning	Sat 11:30 am-12:30 pm
Act#: 3784	Adult	Nov 9-Dec 7	Intermediate	Sat 10:15-11:15 am
Act#: 3785	Adult	Nov 9-Dec 7	Advanced	Sat 9:00-10:00 am

Geri-Fit – Older Adult Strength Training

This older adult fitness course helps prevent osteoporosis, improve strength, balance and arthritic conditions. Each 45-minute class focuses on strength training exercises with no aerobics! All exercises will be performed in seated chairs. Please bring a set of 2 or 3 pound dumbbells, an exercise mat, a stretch band and water.

Instructor: Geri-Fit Instructor

Fee: \$48 – Resident
\$53 – Non-Resident
(4-week session)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3792	18 & up	Sep 4-30	Mon & Wed	3:00-3:45 pm
Act#: 3793	18 & up	Oct 2-28	Mon & Wed	3:00-3:45 pm
Act#: 3794	18 & up	Oct 30-Nov 25	Mon & Wed	3:00-3:45 pm

Kung Fu: Self-Defense

Over the course of 16 classes, we will focus on self-defense, fitness and self-knowledge. Kung fu is a self-defense system. It also strengthens tendons, stretches muscles and invigorates joints and tissues. Kung fu challenges your body and mind, cultivates self-discipline and increases strength and flexibility. Lau Kune Do utilizes the centerline theory and maximizes efficiency, directness, economy of motion and speed. Please wear comfortable, loose fitting clothing. Shoes are optional. In order to insure quality instruction and comfort, there is a **15-student limit** for this class.

Instructor: Master Richard Tsim, Sihing Paul Bennett

Fee: \$120 – Resident
\$125 – Non-Resident
(8-week session)

Location: Lau Kune Do School of Martial Arts
(22762 Aspan St., #207)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3766	18 & up	Sep 16-Nov 6	Mon & Wed	7:00-8:00 pm
Act#: 3767	18 & up	Sep 17-Nov 7	Tue & Thu	6:00-7:00 pm

Beginning Polynesian Dancing

Aloha!!! This exciting class entails movements of the feet, legs, hips, arms and hands and coordinating them with simple Polynesian music.

Instructor: Grace Shum

Fee: \$10 – Resident
\$15 – Non-Resident
(5-week session)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3653	18 & up	Sep 4-25	Mon	6:00-7:00 pm
Act#: 3654	18 & up	Oct 2-23	Mon	6:00-7:00 pm

The Art of Digital Scrapbooking

In this class, using Creative Memories Storybook Creator Software you will learn how to quickly make beautiful scrapbooks, 12x12 page prints and more. Utilizing a premiere product and a Creative Memories consultant, you will learn the art and ease of digital scrapbooking. For those of you who don't want to cut and tape, and want to learn how to make quick gifts, this class is for you!

Instructor: Kim Martin

Fees: \$25 – Resident
\$30 – Non-Resident
(1-day workshop)

Material Fee: An additional \$80 material fee is due to instructor for a Creative Memories Storybook Creator Software.

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3800 Adult Nov 21 Thu 7:00-9:30 pm

Body Sculpting

Body Sculpting is a one-hour, all weights strength and training exercise class that shapes and tone the entire body and helps prevent osteoporosis. Please bring one set of 3 to 5 pound dumbbells (each), a stretch band, water bottle and exercise mat. Work at your own pace! For ages 18 and up!

Instructor: Fran Fisher

Fee: \$64 – Resident
\$69 – Non-Resident
(8-week session)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3795 18 & up Sep 16-Nov 4 Mon 8:00-9:00 pm

Beginning Scrapbooking

So you want to start scrapbooking, but you don't think you are creative? Don't worry, no creativity necessary! In this class you will learn simple scrapbooking to create beautiful pages very quickly. We are all very busy, so rest assured, utilizing premiere products and a Creative Memories consultant, you will learn many tips and how to sustain your scrapbooking beyond the class. Additionally, you will be able to create a scrapbook gift that night for someone special!

Instructor: Kim Martin

Fees: \$25 – Resident
\$30 – Non-Resident
(1-day workshop)

Material Fee: An additional \$20 material fee is due to instructor for a Creative Memories Simply Said book.

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3799 Adult Oct 17 Thu 7:00-9:30 pm

Introduction to Scrapbooking – Organizing Photos

Organizing your photos can be overwhelming. Whether you want to organize your printed pictures, or learn how to organize them digitally with the best software around, this class is for you! This is a hands-on class that will teach you how to organize 1200 prints or start organizing them digitally, your choice! Both ways prepare you to start scrapbooking to preserve those memories. Utilizing premiere products and a Creative Memories, you will surely get a lot out of this class with specific tips on how to make the most of your time for the best results.

Instructor: Kim Martin

Fees: \$25 – Resident
\$30 – Non-Resident
(1-day workshop)

Material Fee: An additional \$35 material fee is due to instructor for a Creative Memories photo box (stores 1,200 photos) or \$57 fee for Creative Memories Memory Manager which allows you to edit photos and share them via social media.

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3798 Adult Sep 19 Thu 7:00-9:30 pm

Tai Chi/Qi Gong: Relaxation, Balance and Stress Reduction

Over the course of 16 structured classes, you will learn to cultivate your own internal energy and reduce stress the natural way with the flowing, gentle art of tai chi. This meditative art focuses on relaxation, stress reduction and returning the body to its natural state of balance. You can expect your energy levels to skyrocket while your circulatory, nervous and respiratory systems strengthen and harmonize. Tai chi increases flexibility through simple stretching and helps galvanize the joints, tendons and bones from degenerating diseases, accidents or over-use. Please wear comfortable, loose fitting clothing. In order to ensure quality instruction and comfort, there is a 15-student limit for this class.

Instructor: Master Richard Tsim

Fee: \$120 – Resident
\$125 – Non-Resident
(8-week session)

Location: Lau Kune Do School of Martial Arts
(22762 Aspan St., #207)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3768 18 & up Sep 16-Nov 6 Mon & Wed 6:00-7:00 pm
Act#: 3769 18 & up Sep 17-Nov 7 Tue & Thu 7:00-8:00 pm

Fall Registration Dates:

Tuesday, August 13 (Lake Forest Residents)
Tuesday, August 20 (Non-Residents)